

# **The Fools Guide to the Perfect Life: An Essay On Existential Nihilistic Therapy**

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# Introduction

What is a man without his mind? The mind is the ingredient behind the Eiffel Tower, the Hubble Space Telescope, General relativity, Chopin's Nocturnes, love and life itself. The mind is man. It is what has given us the advantage over our fellow species that inhabit this awesome blue planet. Our mind, with its neurons and synapses combusting can let us dream and man through dreaming can see back in time and into the future. The animal has no such gift. The animal must concern itself only about food and survival. It cannot fathom existence like its fearsome predator can. The animal sees the blue skies and the dawning of the darkness and consequently adjusts its life to this astronomical rhythm. A man can see into the atom and he sees far back into the birth of time. And yet he cannot distinguish himself living on this planet in the twenty first century. Despite his luxury of self-awareness he is as blind as the animal when it comes to self-perception. Even with the tool of language man is chained by his own lack of insight into his own condition. Conformity is the gravity of civilization it must be asserted. This invisible force has shaped the cause of man just as the waves mould the shoreline of a country. This is the faceless field that has given society its motivation to exist. We cannot see it or feel it and yet we are condemned to heed to it. We bow to the will of conformity unconsciously. We are moral, we love and we live on unconscious instinct. We may as well be an animal that cannot speak or dream because we fail to take advantage of our tool of language. The masses live lives of quiet desperation. They are induced to bend to the will of society rather than forge their own being. Free will is an illusion. Conformism has man in a straitjacket. Man suffers no autonomy even in the age of reason. Much like a star is moulded into a spherical shape by the forces acting in aggregation around it; man is moulded by the eyes of others so much that he forgoes his sovereignty in exchange for acceptance. Life becomes a pseudo-popularity contest. We live to gain image and status wise and not to please ourselves. Any fortitude of existence is strengthened when we are held in high regard by our peers. As such we live to make others happy at the expense of our own personal happiness. The eyes of others shape our destiny. Our daily refuge is plagued by the sentiments of others and we live to pacify their will. This essay is an attempt to convey the meaning of Existential Nihilism. Existential Nihilism can provoke feelings of anguish or one can find their liberty in it. It all depends on how one interprets the philosophy.

# 1

We endure but we are not alive. We are not acquainted with ourselves as we live. This is the price of addiction. We discharge ourselves into life at the expense of realizing that we are alive. The unconscious mind cannot indulge self-awareness. It considers it a disease even in this day and age. As such men and women alike have no pertinence on their existence. They wake up and go to work; they then come home and go to sleep; they then repeat this formula for the duration of their existence. They are brain dead or drip fed their day to day gratuity. The essence of life has long perished in their barren practise. Their unconscious mind has them automated to live day to day like cattle in a field. The conscience then aligns itself to addictions to attempt to defeat the existential angst that it has awoken. We are unconsciously living and not by our own conscious right of way. Men are infatuated with success as are women. They both want to be deemed socially respectable and this desire has poisoned their way of life. They live on a paralysed instinct. This endeavours to devise them in the same scheme as their competitor. We are all the same. There is no disparity between us.

Boredom is the origin of all our woes. Rewind the dominos of genius and destruction and the first domino to fall is always a poor tolerance of boredom. Man is incapable of sitting alone quietly in a room for an extended period of time. He must be active. His mind becomes disorientated when left to its own devices. It yearns to feel intoxicated in escape. The choice in life is: Boredom and everything else. Is one able to accept their ennui? If not, their mind will attempt to alleviate the situation. Thus man pours himself into the various escapes of life. Conversation and television, art and alcohol, regardless of what it is, they all provide a means to escape the demons that life gives birth too. The existential angst is kept bereft of man if his mind is busy. We dive head first into the arms of the divine so we can have meaning in a meaningless existence. This is why marriage becomes the standard of existence. We waste our souls on serving its will purely so we can pass the time. Life unfortunately is existentially redundant. There is no meaning to existence and this is the core truth that we cannot bear.

Our identity serves to give us a more self-absorbed view of ourselves in the world than we ordinarily should. Our identity is our name, face, personality and what others see in us. These four qualities displayed are used as a source of

recognition for others. We can use reason through language and this coupled with our identity, means we foster an ego centric view of mankind in the universe. We invariably put ourselves on a higher pedestal than our fellow animal species. So many men and women found their esteem on the basis that they are diverse from other species of animals. They hold their views as such because they unconsciously presuppose that they are disparate through reason and identity. Life thus becomes about image and success. The greater universe lies undiscovered and invalidated. People see life as getting up in the morning and relaxing in the evening. The stars, the sun, the other planets may as well not prevail because people do not acknowledge them.

To alter one's life, one does not need a complete renovation of their day to day activities. In order for one to improve their existence, they just need to rectify their perception. Life is what you perceive it to be. You can bask in the sunshine and dance in the rain. It all depends on how you view this gift you have been allocated. People automatically fall into the trap of conformism in that they are told that they must be doing A, B and C to be happy in life. This is the lie that we have unconsciously come to endorse as final. The powers that be say we can't be happy until we have conquered in life. In effect our daily existence becomes about the destination and not the journey. But the only happiness one finds at the destination is the happiness they brought through the journey. On this premise, in order for one to be content in the future they must be happy in the present and the means to be happy now is to be grateful for just existing. People are deceived, for having a life is not enough by their standards. They must have a more grand life. This is a toxic way of thinking for it places emphasis on gratification over gratitude. Change your perception of what is happiness. Be grateful for just having the ability to be alive. Your existence is your genius.

We are hysterical beings and in so much as being the reason why we live, it is also the reason why we fall foul of pain and hurt in life. Life is not enough; we wish to feel alive. Emotion is what we call feeling alive, but akin to any addict we become desperate to feel our high. In want of feeling amorous and fulfilled, we let ourselves be emotionally beguiled by various qualities of day to day life. We seek out relationships and follow sports teams because we have an emotional void that needs to be filled. People thus live on emotion and as such fail to recognise themselves as they live. If one can observe how they live and why they live they can then change the how and why they live. But they first

must see and only when they do see can they act. Self-discovery is only found when one looks inwards. One can look to the world for change, but only the individual can change the world.

We are all following in life. We hound sports teams or famous people and that is how they make their money. But has one ever asked why they follow? Why do we do what everyone else does? Is it conscious or is it unconscious? The reason being is that the relationship, the sports team and the politician all enable us to feel dynamic and that is why we are obligated to follow unconsciously. A consequence of following is that we unconsciously become obsessed with image. We involuntarily enter a shallow rat race of desirability and we do it on impulse. We do not realize that we follow but rather we only realize the consequences of our following. One thus brings upon them wave after wave of anxieties because they fail to meet the requirements of what is requested of them through implicit conformity. What happens is that we wake up in retirement and realize we have exhausted our existence for a race.

We are so infatuated with life that we cease to observe ourselves living. We eternally live on instinct and perhaps fail on it also. Life has a habit of blinding ourselves to ourselves. As we partake in the various qualities of existence we discount our ability to observe ourselves as we live. Take for instance a conversation between two people: PERSON A (PA) talks to PERSON B (PB). So (PA) says something to which (PB) responds and then (PA) responds to (PB) initial response. As such both people become delirious on each other and both are discombobulated to their own being. Our existence is just a response to an initial response. Our whole lives are a reaction to a preceding action. The fabric of our lives is built out of reactions be they verbal or physical. Consequently very few humans are self-acquainted of themselves as they negotiate life. They are governed by pure conformist proclivity. Ones liberty and thus self-improvement can only be found in their self-awareness. Become more self-knowledgeable about how you live and then you can determine how you live. One cannot alter themselves unless they know what they have to change. A lot of our persona is unconsciously controlled and henceforth to transform one's self means to retrain ones unconscious to react differently.

The multitudes of men and women conform and do so on instinct. We are programmed from childhood to behave in a precise fashion. Why does everyone feel the need to work and be in relationships? Why does a relationship consist of a convenient two people? Why not three people or seven? Conformity has

become the criteria by which people persevere through life. It is not right nor is it wrong but it is a model which has been adopted by society. Conformity is extoled because it is the system by which the world operates. People get lectured on how to live, they then adopt the method and they furthermore seek justification for this prescription of living. Consequently we are impinged with media propaganda pertaining towards conformism because we unconsciously seek rationalization for wasting our existence. So men see advertisements that advertise marriage and work and women see magazines that preach about the value of relationships and families. The will to conform is almost congenital in nature. We observe what we see when we grow up and unconsciously embrace the system. We think we are living by our own free will but it has been predetermined long before we mellow how we will live. Furthermore we are under social duress to accomplish in life from friends and family. This stress also covertly makes us bend to the will of conformity. We conform implicitly.

A financial mortgage puts us in a dilemma with regards our money and also our careers. That we have to pay back a loan means we must work and must pump our cash into the loan. What people don't realize is that our friends and family also have us in a bind. This bind is a psychological mortgage. The very people one turns towards for support are the very people who restrict our freedom. We fear above all else bringing dishonour to our friends and family. We dread a negative judgement from them. To inspire our friends we must adhere to certain parameters. We must conduct ourselves in a certain way or else they become agitated with us. Very often we are instructed to marry and to work because we are under invisible tension from friends and family to do so. Furthermore, if our friends and family are married and in employment we feel abandoned. As long as one puts emphasis on friendship and family they will be oppressed. Freedom resonates from within and in being who you wish to be, despite the murmurings of the herd. To become liberated one must elude the majority.

From a young age we are engulfed with what is deemed the correct way to live. The conformist propaganda is relentless and our unconscious mind is bombarded daily with it. We thus become idealist dreamers who yearn for a greater life than the one we already possess. People attest that when they are married they will be happy. They assume that when they have the right job they will be content. Our lives become commoditized in that we treat them as objects that need to taste the honey of success to be justified. Life doesn't toil like this though. The ideal life is the one you have now. The only happiness one will find

at the end of the road is the happiness they import with them on the road. We are drugged on the idealistic “good life.” We think that it will reward us down the line. Consequently we rebuff living in the present on the certainty that we will live in the future.

Envy is a subtle flattery. People fail to see that if they are resentful of another individual it is because that individual retains something superior. Because of the shallow rat race that is materialism, we unconsciously compare and contrast ourselves to other people. Those who are inferior we do not fear, but those who we deem superior we come to detest. Capitalism has us dazed in our pursuit of success so much that if we are not number one we equate ourselves with failure. Jealousy degrades so many in the competitive world. So many lives are existentially leaked on the race to be better than the other. The rat race is unreservedly consuming on the twenty first century man. He pours his time and mind into becoming better than his peers. So much in fact that he renounces who he is now in favour of who he will be in the future. But if one is not happy with who they are at sunset, they will not be happy come the sunrise.

If one wishes to be happy then just be happy. It is that simple. The capitalist ethos has one polluted insofar as happiness is an entity that must be acquired. We get lectured that we cannot be happy until we have accomplished in life. We frequently tell ourselves that our future lies in materialism and what it entails. We relate to ourselves this so much consciously, that it becomes imprinted into our unconscious mind and thus we see no other means to live. We must be provoked from this poisoned way of thought. People must be schooled on how lucky they are to exist. It all starts through altering ones perception of what is life. We are programmed to see it as being desirable and thus wager our happiness on this. Thus when man miscarries with regards the standard that is demanded he becomes melancholic. One must modify their perception of life to appreciate their existence. Think of the universe, think of the atoms that constitute your body and think about how fortunate you are to be able to exist.

Language is the light of civilization. Without the ability to speak man is defunct. This is ultimately what separates us from other animals. That we can use language to navigate through life’s choppy straits serves to embellish our existence over other species. Unfortunately every positive has a negative. We become addicted to conversation. We need to be cherished by it. Our lives come to revolve around articulation. Language has conditioned us to talk when we should think. People thus expend large amounts of energy and time talking

instead of logically thinking. Through concise articulation one becomes a prostitute of conformity. Through being engaged with others and their language we sell ourselves and rarely question what we do. Language gives birth to all these concepts that we endeavour to follow unconsciously and one must be aware of how one is swindled by the very thing that makes life what it is.

Man must be entertained in life. Life is an addiction of which entertainment provides the essence. We cannot handle being bored and because of this we venture into the real world to relieve ourselves of this ennui. All facets of life serve to enrapture man. Conversation, relationships, books, films, sports teams, food etc. They all strive to gratify man. The means may be different, but the end is the same: enjoyment. A problem occurs unconsciously however in that we request to be intrigued at all times. This means we look to the world and tell it to placate our existence and this is done on impulse. We are addicts of a ritual existence. Simple existence is not enough for us for we need emotional justification for living. Consequently when we don't get our high from life we feel downcast.

Happiness cannot be bought, earned or traded. Happiness stems from within our souls. One can look to the future and attest that they will be content, but rarely does it come to fruition. That we are addicts of existence we actively seek reward from life in the form of gratified happiness. This is a happiness that is derived from success in the external world. So when an individual prevails in some way or form in life they feel emotionally content. But the feeling always dissipates and when it does a new addiction is sought. Pure happiness is the happiness one is endowed with from just existing and it is a happiness that cannot be taken from you. To exist in this hazardous world is the greatest celebration of one's life. To be able to wake up and taste the cool air is the triumph but many cannot see this. We are so programmed on external gratification that we cannot see the truth: That one's existence alone is their victory.

Man is contaminated by image. His life revolves around a daily cycle of harbouring the best image possible that he can represent. Economies function on this invisible necessity which people are slaves to. Why does a man drive a car worth one hundred thousand when a car that is worth ten times less would suffice? Why does a woman spend a fortune on a dress when a cheaper one would suffice? Both of them are ushered into spending vast sums of money in order to cultivate their image that they advertise to the greater world. A stellar

image means they will be wanted and being wanted means they feel good. They are servants of addiction and nothing more. So long as one is absorbed in this contest to have the most rewarding image one can never be free because image demands more and more. The individual may improve their image but the potency wears off and a new improvement is deemed necessary. This is systematic of what psychologists call addiction, only this addiction is ascertained to be normal.

In life we retain these hidden standards of which someone must meet in order to be deemed attractive. This coupled with our childhood education serves to make us seek certain traits in people in order for us to emotionally respond to them. This indoctrination when young means we use the barometer of conversation to judge someone. Henceforth politicians and sales representatives make much effort to speak well purely because it taps into the unconscious mind of the individual. Alas we use this threshold as a means to separate people in our lives also. Those who speak with clarity are held in higher regard than those who don't and as such we get deceived by those who are considered ample speakers. Conversation is such a mainstay of daily existence that we forget how much power it possesses. We take it for granted. My advice is judge a person on merit and not how they articulate.

Life is a pseudo-popularity contest. From adolescence we are habituated to want to be in the most demand. Males wish to be coveted by the female and the female wishes to be anticipated by the male. As such we expend large amounts of time and emotion engaged in this tournament. Life thus becomes in effect a race to be the most endorsed. A psychological bubble is formed wherein the people compete against one another to attain the most, but the happiness that is earned is only provisional in nature. One becomes comforted when in high demand, but the drug wears off and the individual must seek the demand again. Treating life as a popularity contest will never deliver satisfaction. It will give little snippets of happiness but it is an addictive happiness that subsides after a while. Escaping the grasp of this style of living is vital to pure happiness. Pure happiness is the only war worth fighting for. If people are taught to engage in popularity contests unconsciously, they can be taught not to as well.

Only the individual can alter themselves. Success is perspiration and not inspiration. Reading self-help books or watching inspirational programmes makes us feel good emotionally, but the emotion, whatever it is, subsides. We wait for the world to shift us when we must shift our world. People's

unconscious is plagued with the demons of capitalistic desire so much that they see no other existence. In trying to obtain happiness they delve deeper into the abyss. They try to placate capitalism at the expense of pure happiness. They read books that tell them to think positively and work hard that only fuel the greed that capitalism espouses. Change involves cultivation of ones unconscious to instinctively respond to life differently and it takes time. It is not enough to say consciously you will adjust, for one must condition their unconscious to see the world in a new shade. The good life is not material. The good life is perception. Existence itself is the greatest glory of life. Do not exhaust it all in want of a better one.

We know what we want from life. We want to work and marry. We want to enjoy ourselves at the weekends. We want a few laughs. People know what they want from life but they are clueless to why they want these things. The “what” is determined by the unconscious mind and not by conscious reason. But people are impervious to this subtle truth for they think they are consciously in command of their existence. Man consequently is not free. Far from it, he is subordinate to conformity, for that is what puts pressure on him with regards how to navigate through life. People thus bang the drum repetitively expecting the winds of change to blow them towards a new island of fortune. They repeat the same failings day after day and cannot comprehend why their existence stays the same. To revolutionize one’s life one must first understand why they choose. Through acknowledgement of their decision process they can then train their unconscious to perceive life differently.

The existential strain of thought can be an axe or it can be an escape. If man is taught to be twenty first century man through education he can be taught to be existential in soul through his own self. Nihilism for the world can help man flee his suffering. In order for man to obtain his liberty in this world, he must rebel against the unconscious Will to Conform. He must see that the nihilism can be a release in this world. Life according to the existential nihilist is rudderless. Men are conditioned to see the meaning of life is sexual gratification and women are conditioned to see the meaning of life is relationships. But they are programmed through childhood indoctrination to believe these things. Success then is being prepared to challenge these rituals. Instead of seeking happiness from the external world, man can be instructed to seek happiness from within. Man’s salvation lies within.

Has anyone ever wondered why the world just is? Has anyone ever questioned why billions of people all follow the same routine? It begs the question: What manipulates us psychologically that we all are prepared to mimic the same pattern? The answer is simple: Childhood indoctrination through education. Through being educated man is deprived of his freedom and is transformed into a machine. This machine is identical to all other machines in terms of actions and wants. Education manufactures our brains in such a way that we all chase the same passions in life. We want to work and marry only because we have been automated to do so from childhood. It is not coincidence that the world of eight billion people behaves the way it does. There is substance behind the façade. When young we believed anything. We believed in the tooth fairy and Santa Claus. As we age we realize they are fallacies. But when we were young we were also indoctrinated with the cult of conformism only we never grow up to realize it is a lie. We grow up to believe there is no other way to live, other than conforming to principles. When we do find out its more than likely too late. We are old and grey and the better part of our existence has passed by. Education teaches us to become reliant on each other. It tutors us to work for reward. It disciplines us to think alike rather than critically think as an individual. We are each nothing because we are inculcated to each be nothing and to enjoy this nothingness. Find your own voice before you grow old and lose it altogether. You achieve far more in life by being who you are and never letting others choose who you are.

Capitalism is the plague of the western world. Through its ethos men and women suffer daily and dissolve their existence and happiness on a chance that they will be happy in the future. The capitalist mentality has been learned through childhood. It then becomes unconsciously glued to the individuals psyche and they know of no other means to live. It tells the masses that they cannot be happy until they have triumphed in life. This happiness is dependent on success to be realized. The individuals thus live their daily lives in a state of competition with themselves. They cannot be content unless they have gained in some way or form. Capitalism is the arch nemesis of Buddhism. Buddhism instructs man to just be happy to be alive. Capitalism preaches that existence is not enough and one must succeed to live. It is a psychological disease that infects its host when young like a virus that taints ones vision and the ability to reason. One can never be happy in capitalism, for the success is short lived and must be repeated. Every day is a struggle under its shadow. But if man can be taught to seek happiness, he can be taught to just be happy. All he has to do is

change his perception of what is success. Happiness lies not in who you are or what you have but rather in how you think.

Narcissism and capitalism are like husband and wife. Wherein one is the other is sure to be near. The narcissist is a product of capitalism. He grows up in a capitalist haze and is forever leeching off the system. In order for one to survive the intense heat of the capitalist doctrine, one assumes this narcissistic façade. Consequently everything becomes about image to the narcissist. He thrives in a world wherein he projects an astounding image to society. He lives and breathes to uphold a pristine projection. But he only adopts this approach because he occupies an insecure world. It is a defence mechanism designed solely for the injured party to live in this toxic capitalist environment. Thus the sufferer condemns himself to chains and lives a fraught tense existence of addiction. However this disease can be eradicated. If the narcissist can understand their motivations for living, they can begin to change them. But they first must see before they can rectify.

We desire to be successful not because of success but because of what it affords us. We want to feel wanted and being successful makes us feel wanted and liked. This is why we are engaged in a daily war with the system to be profitable. This is why we expend so much emotion in chasing success. However in the hunt of success, it becomes an addiction. We gain ground in some way but the effect dissipates and the addiction needs to be serviced in order to get the same high as before. This capitalist success (addictive happiness) is an artefact of materialism. It instils a belief in the individual that the world is a giant laboratory wherein to live or experience life one must accomplish. There are two types of success: One wherein one must cyclically succeed every day in order to be happy and one in which the individual feels successful for just existing. One is a capitalist success whilst the other is an Existential or Buddhist success. Success if anything is being who you are in a world that wants you to be someone else. We are prisoners of existence and as such we spend our days gazing out the steel windows at freedom, yearning for it, when all we have to do is be free and the concrete walls that enslave us will tumble. Look around you my friends. The world is the prison of which your perception retains the key.

Man wastes his life in search of a better one. He misuses the better years of his existence in a struggle to make himself more desirable to his peers. We live to make ourselves more covetable and desist on the pure desire to live. We want to

be wanted and the drive is unconscious. We grow up and learn to feel good when we are in demand. Our existence becomes an inclination of desirability. This is narcissism. Being desired enables us to feel calm. Man is weak. He is a slave to being anticipated upon. It casts a shadow over his existence 24/7. Desirability is an addiction in that the feeling that accompanies one being desirable makes one feel good and the individual thus is consumed to hunger for this feeling repetitively. But failure is destined to occur. What happens when we grow old and lose our looks? What happens if the business fails? What happens if we get ill? One must grow up and see that all they need to be happy is themselves. They don't need to be coveted. It is a benefit if one is in demand, but one's life need not revolve around it. All one needs in this world to survive is food and a positive attitude. Don't be held ransom by the opinions of others. Don't be held in the psychological guillotine of desirability.

It is no coincidence that a relationship just happens to have two people. Why not three people or four people? The reason it is two people is because it is convenient. Conformity is convenience. We unconsciously embrace the system because it is the best system to meet our desires. But it is neither right nor wrong but rather appropriate. Napoleon could get legions of soldiers to die for him. How did he do this? He would seduce his soldiers and manipulate them emotionally. Conformity does the same trick with the hordes of men and women that inhabit this planet. Through education they have been made vulnerable emotionally and this schism in their conscience means they will seek marriage and work. One is only educated because this is what makes puppets out of individuals.

It is the personality of capitalism to encourage its disciples to want more. Enough is never enough under capitalism. The cancer becomes a fixation of which one cannot do without. They feel good after accomplishing in life but eventually the feeling diminishes and then in order to relive the experience a new accomplishment is craved. The problem in life is not that we don't have enough but rather that we have too much and don't appreciate what we do have. People thus are in a state of addiction. They are no better than the drug addicts. They are narcissistic addicts. But the addiction to capitalism or the addiction to money or the addiction to another individual is considered by society to be a healthy addiction. The way to live is through the Buddhist method. Be grateful to be alive in this world. One's own existence is more than enough to get by in life.

We chase the labels that we ascertain will generate happiness within. But this happiness is at the behest of our peer's opinion. Part of the reason we want to be in relationships and working a professional job is not because we enjoy doing those things, but because when we are seen to be occupied with these things, we earn acclaim from our peers, most noticeably our friends and family. We fear being victimized or silently slandered by our own friends. We recoil in their judgments. Relationships in particular become commoditized. What I mean by this is that we use the label of being in a relationship to promote our own projection. We don't venture into the relationship because we enjoy it, but rather we do so because it portrays a respectable status to our peers. So when they observe us in a relationship they will bestow respect upon us. A relationship such as this is a commoditized union. The relationship itself is like a product in the supermarket shelves that one purchases to improve their image. Just as a man buys a fast car or a woman buys a nice dress, so they will look better. So a man dates a woman who he thinks will improve his status among his friends and a woman dates a man who is in demand because this man makes her look good amongst her peerage. The relationship becomes an object to make those involved look good because looking good in the eyes of others makes them feel good. Again this stems from systematic education when young, that implores us to reward ourselves emotionally when we earn respect from our peerage. If one was educated individually and not collectively, people would mature differently.

Each and every single soul on this planet must sell themselves in order to acquire in this world. We have come to regard prostitution as the trade of sexual services, but it can also apply to man's daily struggle to make ends meet. A relationship for instance involves invisible trade. The man offers the woman something and vice versa. They don't just enter into a trade-less union. There must be gain on either side of the equation for it to be functional. Usually the male provides money and security in return for the sexual aspect of the female. But there is an exchange in goods. It may not be cash but it is other forms of currency. In work for instance a person provides a provision of which they are paid appropriately. The textbook sexual service does the exact same thing: An amenity is provided in exchange for cash. But because we wish to feel justified in living we never call it prostitution. It is labelled work or life and we buy into this model in an attempt to reassure ourselves that we are living the esteemed life.

We believe what we want to be true and not necessarily what is true. In our desperation to be covetous we do desperate things. Economies thrive on man's willingness to be deemed desirable. Man goes forth into the professional world intent on making himself more attractive to members of the opposite sex and the same can be said in part for women. But in our reckless nature to be treasured we can often make foolish decisions. Our lives thus reek of despair because in search of desirability we forfeit our happiness. We are involved in a never ending Darwinian chase of image. Our desperation brings wave after wave of stress upon us.

There are two groups of people in the world: The well-off 1% and the working 99%. The 99% slaves to make the 1% richer. Most people desire to be in the 1%, but most are in the 99%. Most people will die forgotten and insignificant. They are fed lies by the 1%. They are told how virtuous working ones whose existence is and marriage is also extoled among other things. People are nothing and when you add up all the nothings you get something and that something is an economy. But the people want to be lectured on how worthy they are to society and the 1% give to the masses the illusion that they are laudable. But they are deceived. They will wake up in the twilight of their years wondering where it all went and only then will they realize that they were manipulated through education and propaganda to live a certain way.

Man grows up acclimatized to the capitalist mantra that he must take from the world to live. He wakes up every morning and says to himself that he must achieve today to be of worth. He becomes an addict to existence itself. Life becomes his drug of choice. But when he doesn't gain from the world he falls into a state of anxiety. Man would be wise to take guidance from the poorest people on earth for they appreciate life much more. The poorest of the poor must fight just to live. Every day becomes a battle and because of this they express much more gratitude to their cause than the man who has everything. The capitalist is under the illusion that life is perpetual. He approaches each day as if he is immortal. Thus he grows old and dies without ever having lived. Every day is a war against anxiety. He fears the opinions of his peers and this urges him to comply.

The better the standard of an economy, the more the people of that economy demand. The higher the quality of life of a social class, the higher their expectations for life are. Understandably this means that people will live a grand life, but it also means that they will put extreme pressure on themselves to

meet the criteria of capitalism. This is the result of narcissism. Capitalism is a compulsion that never ends. The person like a fanatic achieves in some way or form and feels glowing. But after a period, the feeling dissipates and the individual must go back out into the landscape and try and achieve again. It mirrors addiction. The life of the shrewd capitalist is a never ending cycle of expectation. They must succeed to feel good and to feel good they must succeed. The happiest people in the world come from the poorest parts of the world because this cycle of obsession is not present. They are not under this invisible duress to succeed and to conciliate the herd. Instead of chasing financial success they must contend with hunger. Instead of chasing relationships they worry about shelter. They possess no herd or labelling anxiety. Their sole purpose is to try and survive in this frenetic universe.

We grow up believing that we have something great to announce to society. We grow up in a distinguished cloud of confidence wherein we expect to make our mark on life. But we all invariably end up living quiet lives of desperation. We offer nothing to this universe that it hasn't already seen and this realization is too daunting for some. For some they want to be remembered. They want to live a life less ordinary. But most succumb to the nothingness of life. This repetition is the silent adjudicator of our souls. We fail to see that we are living fruitless lives of repetition and that our wants and dreams are the same as everyone else's. People only see what they see when they wake up in the morning. They cannot see the awe inspiring universe. They cannot see the darkness that abounds them. They cannot prey on the universe for they do not acknowledge it. Perhaps if they did they would prize their existence a lot more. Perhaps if they could see, they would start to enjoy the sensation of being alive.

We live in a world that is infinite shades of grey. Nothing is ever black and white. Yet this is what so many do. They treat existence as black and white. They must be married to be of worth. They must have a solid career to be of esteem. They treat these different elements as single currency labels that they believe will procure happiness for them. They are guilty of being extremely narrow minded. Marriage may yield happiness but then again it may not and this is the gamble a person must take in life. This too applies to a career. We immigrate into college with dreams of this utopian life we will live but when we live it, it turns out to be different. We believe our happiness to be black and white. We are of the belief that doing certain things will yield happiness. But happiness does not work like that. One cannot decide to be happy but rather

they simply become happy through living. But it is a game of uncertainty. One gets told by society that doing A, B and C will make him or her happy but it is not guaranteed. The surest way to be happy in the future is to be happy now. Just be happy to exist in this world despite its failures.

There is no right or wrong in life and yet we are damned to follow certain cliques in life. We believe categorically that our happiness lies in conforming. We take a chance. We say to ourselves: "My marriage will make me happy; my family will make me happy; my job will make me happy." We in effect attest to ourselves that if only we had this other more alluring life, everything would fall into place. This is a product of the capitalist narcissistic dilemma that infects so many in the western world. They remark that the grass is always greener in the other field, but life doesn't work like that. If you are not happy now, you can bet that you won't be happy in the future even if you manage to acquire the "dream life." This is because your whole mentality is carcinogenic; it is narcissistic. In order to become happy, you think you must change your life, when in fact you must change your perspective on life. It is your perspective that is tarnished not the way you live and you will continue to live a tormented existence as long as your viewpoint is diseased.

We chase in life and life cannot be chased. We chase the illusive happiness because we expect it to make us happy. We seek our dreams on the promise that when they are realized we will become content. It never works out that way. To truly enjoy life one must become grateful in the present. They must live in the moment and not be placing their hope on future expectations. Too many people hunt this grandiose sense of existence. They hunger to feel alive when existence is all they need. Chasing happiness wont yield happiness. Happiness by default cannot be obtained. But rather one must simply immerse themselves in life and hope that in doing so that they chance upon happiness. Of course just being excited to be alive is the most simplest form of happiness and yet the masses are not content to just be. They want life to give to them much more than it already gives. They don't realize that through simply being alive, life gives so much.

Addictive Happiness is a drug fuelled happiness that provides pockets of happiness to the individual but it never lasts. It is almost like a capitalist happiness that requires constant servicing in order to be maintained. If we succeed in some element of life we feel good. The mind then remembers this feeling unconsciously and seeks to sense it again. This gives birth to the addictive happiness of which I discuss. It is a powerful opiate but at the same

time a deadly one for it sows the seeds of addictive behaviour. People become unconsciously directed to doing things in life that rebirth the sensation of feeling happy. Thus life becomes a Darwinian game of chase wherein we hunt out success not because it makes the world better or because it improves people's lives but because the successful person feels happy and this feeling is warm and comforting. It is however a plague. The happiness to aspire to is pure happiness. Pure happiness is not subordinate to success to be realized. This is the kind of elation that one experiences just for being able to exist on this planet. Whether you fail or succeed, whether it is raining or sunny, one feels not so much happy, but feels a rather sombre feeling of warmth due to the acknowledgement that they are alive and breathing in this universe. It is a Buddhist sense of realization that the world and existing in it, is your greatest achievement. The person then forgoes the addictive chase to be happy and settles for just being happy to be alive.

One must learn to find their own freedom in life. We get taught everything in life except how to teach ourselves. We get told how to live, how to be happy and how to die. Very few people thus live their own lives. They are living the lives of others. They are living according to how they should live them. The curiosity of going their own way, their own path has never been ignited. I think we get taught too much in life by the schools and colleges and thus the ability or the want to teach ourselves diminishes. We are prepared to accept what others say and do and as such we adopt this methodology as our own. We each have a voice but settle for the murmurings of the crowd.

If you know yourself and you know the world, you may never fear the rising sun. People are caught in a psychological bind. The world says do this and they oblige. But they find that what the world wishes of them produces much anguish. They are caught in quick sand. If they don't do what the world says they feel inferior; if they do what the world says they find that they come under stress. There exists a tragic disparity between what man wants to do and what he can do. Finding yourself thus should be the one thing that man aspires to. Find what you can do and accept what you cannot do. That is the secret to happiness.

Buddhism teaches us to let go of the materialistic race and become purveyors of our own happiness, our own freedom. Happiness can be found within. Man does not have to venture out into the dark recesses of the world to get high. He can if he is both brave and smart enough, find happiness within himself. Buddhism

teaches among other things that man should become more tolerant of his boredom. This drive to avoid boredom is often the focal point of our problems. From the urge to avoid boredom stems the want to meet people and enjoy their company. But people by default are unpredictable. Thus the very people we depend on for our nourishment are often the same people who plague our existence with storms. The Buddhist stream of thought encourages man to find his inner soul and almost neglect his dependence on people for his happiness. If one wishes to be happy, just be happy to be alive.

One must view life as if they are very lucky to exist. The capitalist race has dissolved that thought within us. People wake up every day with one purpose: To accomplish in this world and through the uncertainty of accomplishment they feel a profound sense of calm. But the feeling dissipates in tandem with the sinking sun and the next morning they must triumph again in order to feel self-worth. One's existential freedom is obtained through realizing each and every day, that one is so lucky to be alive in this universe. Forget about the people and the cities, the traffic and the blue skies. Think of the planet revolving around the sun, think of the galaxies drifting through space. Think about how fortunate you are to be alive in this great world. When you become grateful for being alive you will become existentially free.

One needs to be more cynical in life to truly appreciate it. They must overcome their inherent narcissism. The nihilistic cynic is derided only because he sees the truth where others see normality. People are drugged. They see what they want to see. Life becomes about love and relationships when a great universe expands above our heads. Day to day activity becomes about jobs and careers, when ones mortality is only a breath away. The cynic fails to function in society because he does not buy into the life of conformity. He refuses to barter his life on ideals that will not yield happiness. Instead he tries to enjoy every second of his existence.

Religion is a means to keep the demons quiet. When man becomes self-aware he peers into the black hole of existence and what he sees frightens him. Where life once had meaning, now it is meaningless. Ones annihilation beckons in this universe. How does one deal with these two realities? One method is to fall into the arms of the divine. Religion preaches that man is not rudderless and this comforts him. It schools its followers on eternal life and this keeps the beasts of nihilism in hibernation. One must understand though, that god is a direct product of man and man is not a product of god. Without humans and without

our ability to use language to dream, there can be no such thing as god. Alas when man finally dies, so too will his god.

We are moral because we are afraid. Man does not uphold the law because he deems the law to be right. He keeps within the constraints of the law because he fears the negative opinion associated with being criminal. This is also why man heeds to the will of conformity. He regards conforming as a means to limit a negative projection of him to the world. Men conform so that they can earn the respect of the herd. That a man has a wife and a career means his peers will attribute greater respect to him. That a woman has a husband and a family too means that she will inherit a greater respect from her community. We are afraid of our friends. It is the very people we love that we actually fear. The Will to Conform is violence masquerading as love. If we fall out with someone we despise we think nothing of it. If our friends and family become disgusted with our behaviour, we feel damned. Thus we live in their shadow at all times.

Through language we have created illusions. One of these illusions is true love. Does love exist or is it a placebo of our conscience. I am inclined to believe that love is just a model we have adopted that gives meaning to our existence. I think also that people are under pressure to find love in their life, so much that they remain unhappy until they can attest that they are finally in love. There is however no such thing as true love or the other half. These are just romantic articles the mind has come to believe. First and foremost man must love his own existence to be happy. This is the existential love for himself that he possesses through inhabiting a vast indifferent universe that rarely allows life to flourish. The problem is that through evolution and education both men and women have had it engrained in their heads that in order to be of virtue and worth, they must be in relationships. Consequently they believe that no other existence is acceptable. Furthermore they spend many a day unhappy with whom they are because they have failed to meet the criteria of what is stipulated.

Concentrate on you. Forget trying to make others happy to make yourself happy. Negate the greater world of which you are accustomed to. Think of the universe expanding and erupting in your mind. We are conditioned on the two dimensional aspects of life. The sunlight actually blocks out the realities of this world from us and it is only in the darkness that we can see the stars. People thus forget that they are animals. They forget that they inhabit a planet that revolves around the sun and that the sun is part of millions of stars that make up our galaxy. The universe can save you if you allow it to. The bleakness of

nature can set you free. Release yourself into the world and never worry about another day in your life. Be happy because you can be happy. It is that simple.

Man must be awoken to the universe. It is not enough to wake up every day and see the sunrise. We have become too habituated on this ritual. Life becomes about the day to day suffering to appease the demands of conformity. As such the reality of this world is lost on us. Seldom do people realize that a great universe lies above and below them. Man despite his intelligence is still blind. The darkness of this world is stagnated by the blue skies. Life becomes about labouring. Relationships and work are encouraged and man's freedom is suppressed. Freedom if anything involves igniting ones consciousness to realize the truths of this world. Life is nothing. The planets and the galaxies will keep on turning with or without man. But one can find their consolation in this nihilistic opinion of the world. If one tears down the walls of conformity and finally sees the dark despairing universe for what it is, they may just become so grateful for being alive. In doing this they finally become happy because they realize how meaningless all their worries are and how lucky they are to exist in this universe. Don't think about jobs and relationships. Think in terms of how fortunate one is to exist in this world. When you do that, you negate your anxieties and become happy because you become appreciative of what you possess, which is a life and no matter how painful, a life is better than no life at all. Through being grateful, one finds their existential freedom.

There is no correct path on which to navigate through life. Life consists of many paths all of which are deemed correct and wrong. The goal of existentialism is to encourage the individual to find his own path be it based on the tapestry of conformity or not. That is all that is required of man. That he finds his own freedom in life and is not afraid to follow his heart. "No man ever followed his genius till it misled him," said Henry David Thoreau. One must follow their soul and not what is considered by the masses the correct path to pursue. Too many people think with their heads and not with their hearts. They look to the future and see themselves living this utopian life of grandeur. Consequently they do not listen to the murmurings of their soul. They ignore their true calling in favour of the popular choice. All one must do in life is find what they love doing. If you do what you enjoy you will love your existence. That is the ultimate goal of existentialism: To love your existence because you are so fortunate to exist in the first place. Being happy is the ultimate wealth, the only wealth. Conquer yourself above all else.

